Babies show several cues in readiness for breastfeeding. Tuning into your baby’s cues will make your feeding more successful and satisfying for both your baby and for you.

Your baby does not have to cry to let you know he is hungry. **Crying is the last hunger cue!**

Try to catch your baby’s feeding cues early in the cycle – avoid crying – and begin breastfeeding!

Lactation Education Resources  www.LactationTraining.com  May be freely duplicated